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### Abstract

The dressing aid (10) for putting on an article of clothing having at least one opening comprises the following components:

- (a) a mounting portion (17a, 17b) for at least partially slipping on the article of clothing,
- (b) an expanding mechanism (11a, 11b, 14) for expanding the mounting portion, thereby widening the opening of the mounted article of clothing, and
- (c) locking means (24, 25) which prevent the contraction of the mounting portion while the article of clothing is mounted. A dressing aid (90) for taking off an article of clothing and a set comprising a dressing aid (10) for putting on and an aid (90) for taking off a clothing are disclosed.

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20 (Figure 2)